

PROGRESS

SPORTS

with
CLIFF BURKE

Score four runs in ninth

LEGION SWEEPS SEASONS SERIES WITH MINDEN MERCHANTS

Two Minden Merchant errors, a walk and a single in the ninth inning, gave the Haliburton Legion four runs and a 6-3 victory in the final game of the regular season for both clubs. The win gave Haliburton second place in the League standings behind Bobcaygeon Comets and the right to meet Minden in the semi-finals of the play-offs. The series will start Tuesday evening in Haliburton at 8 p.m. and will be the best four out of seven.

Minden jumped on the scoreboard early in this contest, scoring twice in the first inning. Kirk Hewitt drew a walk, Barry Shaw singled and Gene Newell knocked them both in with a solid double to left centre.

Haliburton tied the game in

the fourth on a double by Bob Johnston, a single by Darrell Stamp and a two run double by Wade Stamp. Minden regained the lead 3-2 in the seventh, when Neil Burk walked, stole second and third and scored on a single by Dave Dollo. The top of the ninth inning proved Minden's downfall when Jack Snell threw wide of first base on a bunt by Craig Stamp. Then Wade Stamp was safe on a fielders choice as Jack Snell attempted to throw out Craig Stamp at second, only to have Barry Shaw drop the ball. Roger Bain singled to load the bases. Jack Snell then walked Floyd Henry to tie the game at 3-3. Dwight Nichols then singled scoring two more runs and the final run came when Johnson flew out

deep to centre field. Craig Stamp picked up the win, giving up 3 runs on five hits, walked five and struck out 13. Jack Snell took the loss, giving up 6 runs on eight hits, walked one and struck out 12.

BLUE JAYS
AVERAGES

	G	Ab	R	H	Rb	Avg
Bailer	28	396	51	126	5	.218
Howell	54	191	16	57	3	.298
Ewing	73	187	21	55	3	.294
Fairly	95	338	44	96	14	.284
Woods	87	320	40	87	5	.272
Staggs	37	151	19	41	2	.272
Velez	86	273	41	73	14	.267
Ault	90	314	37	80	9	.255
Torres	48	213	25	52	4	.244
Scott	41	195	23	45	2	.231
Rader	56	205	29	47	9	.229
Ashby	100	326	19	65	2	.199
Whitt	20	37	3	7	0	.189
McKay	60	175	10	29	2	.166
Bowling	45	67	4	8	0	.119
Reel	3	5	0	0	0	.000

	W	L	Ip	Er	Bb	Sb	Era
Vuckovich	7	7	119.1	47	45	99	3.54
Garvin	7	13	176.1	80	71	86	4.08
Lemanczyk	10	9	169.2	81	60	76	4.30
Jefferson	7	12	151.2	74	70	85	4.39
Johnson	2	4	61.1	30	40	37	4.40
Willis	2	4	69.1	35	27	39	4.54
Murphy	9	1	41.2	25	15	17	5.40

Bowlers' cash safer in chequing account

If the treasurers of all the bowling leagues in Ontario pooled their league funds each year they would be multi-millionaires. In fact each year the 10,000 treasurers accumulate nearly \$10 million.

This money is contributed each week by the league bowlers and at the end of each season is returned to them in the form of prize money, awards and a banquet.

While this process usually takes place with no problems, there are each year a number of cases of money mismanagement that leaves leagues with no money to pay their bowlers.

League officials can take several steps to avoid this problem.

"The most basic, of course," says Ontario Bowlers Congress treasurer Kevyn Jones, "is to have two signatures required on any cheque. Many leagues still operate with only one signing officer and sometimes the temptation and pressures can be too much for one individual."

While the double signature method controls the withdrawal of money, it doesn't handle deposits.

"Most leagues prefer to put their money into saving accounts," Jones continued, "hoping to make a few

extra dollars in interest. However, if they switched to personal chequing, statements would be sent each month from the bank to each league executive and also posted on the league sheet at the bowling centre."

Bonding of league treasurers is available for 10-pin leagues through their American Bowling Congress affiliation. While the Ontario Bowlers Congress does not supply the same service for 5-pin leagues, OBC managing director Bert Garside indicates that several plans are under investigation to offer a blanket bonding program to all member leagues.

1977 LEAGUE CHAMPIONS



The Dollo's IGA Ladies are the 1977 Ladies Softball League Champions. They were led to the championship by first year coach Helen Burk and assistant coach, Ken Fielding, Susan Leary, Wayne Cully, and manager Marg Fielding, Donelda Danilko, Jan Fitchett, Laurel Austen, Wayne Cully, Carol Toye and Denise Levesque. Front row: Norma Burk, Lori Northey, captain Nelda Cully, coach, Helen Burk, and Shelly Moxam. Congratulations girls on a great season.

PROGRESS

with Cliff Burke

SPORTS

Donelda Danilko pitches 11 innings, loses

Carnarvon advances to finals with 11th inning victory

Perhaps the finest game of Ladies Ball ever played in Haliburton County took place at the Minden Ball Park on Thursday evening. Playing before a crowd of close to 200 people, the Carnarvon Stan Hope Ladies advanced to the Finals of the Ladies Softball League Play-offs with an eleventh inning, 13-12 victory over 1977 League Champions, Minden Dollo's IGA. Lynn Barnhart was the hero of the hour, smashing a double to centre field scoring Joan Alger from second base with the winning run. Joan had opened the inning with a single to left followed by Toos Reid who walked, leading to Lynne's game winning hit.

This was the sixth game of a best three out of five series, that's just how close these two teams are and it seemed a shame that one team had to lose.

There were so many fine plays both offensively and defensively that it is almost impossible to pick any stars of this game. However, for Minden at the plate, Marg Fiedling was just super, collecting four hits, scored once and drove in six of the twelve IGA runs. In the field, Shelley Moxam was the top player on either team. Shelly caught everything that came her way and even grabbed a ball that bounced off Susan Leary's head in right field, no kidding folks. On the mound for Minden, Donelda Danilko was the star, pitching eleven innings of super ball.

For Carnarvon, well what can you say? This young, aggressive, enthusiastic team has got to have a bright future ahead. They never quit. They continually fight back when they're down.

Keeping it clean

Buzzing pollution...

You could hardly call it air pollution, but Environment Ontario still wants to keep it in check.

The culprit is the mosquito and the Ministry of the Environment has compiled the following tips to help you get the first bite on him...

The mosquito matures from egg to adult in five to 28 days. You can eliminate the ideal breeding ground for mosquitoes by discharging areas of standing water on your property. These include all empty cans and containers, clogged eavestroughs and drainage ditches and wading pools.

Properly filtered and chlorinated swimming pools are not suitable for mosquito larvae development.

They were down three times in extra innings last night and fought back to tie the game in their half of the inning.

Top players at the plate for the Stan Hope gals were Heather Thompson six for seven; Joan Alger, Toos Reid and Lynn Barnhart all five for seven.

Toos Reid picked up the win in relief of Belinda Brown in the seventh inning. The two combined to give up 12 runs on 23 hits. Donelda Danilko took the loss in relief of Nelda Cully in the first in-

ning, giving up 13 runs on 35 hits.

The top stars on each team were Donelda Danilko for Minden and Toos Reid for Carnarvon.

Carnarvon now meets Gooderham for the Championship commencing Thursday evening, August 18th at 6:30 p.m. The Carnarvon gals will be playing their home games at the Minden Ball Park with the first game Tuesday evening, August 23rd at 7 p.m. Let's have a good crowd out folks, the girls are really playing fine softball.

CATHOLIC CHURCH
MINDEN

HOURS OF MASS

Saturday

7.30 p.m.

Sunday

9.00 a.m.

10.00 a.m.

Baseball scores, standings

AMERICAN LEAGUE

East

W	L	Pct.	GBL
65	44	.596	—
65	47	.580	1 1/2
62	49	.559	4
51	60	.459	15
50	65	.435	18
48	62	.436	17 1/2
39	71	.355	26 1/2

West

65	46	.586	—
66	48	.579	1 1/2
63	48	.568	2
62	48	.564	2 1/2
55	55	.500	9 1/2
48	68	.414	19 1/2
42	70	.375	23 1/2

NATIONAL LEAGUE

East

W	L	Pct.	GBL
67	44	.604	—
64	47	.577	3
65	49	.570	3 1/2
63	51	.553	5 1/2
52	62	.456	16 1/2
47	64	.423	20

West

69	45	.605	—
57	56	.504	11 1/2
64	62	.466	16
52	63	.452	17 1/2
52	67	.437	20 1/2
40	72	.357	28

JOIN THE CROWD



Feeling tired?
Rundown?
Take a walk.


Walk a Block Today

In recent years, a type of encephalitis, a disease spread by certain mosquitoes, has been confirmed in some parts of southern Ontario. This year the Ontario government has advised communities in those areas to undertake some form of mosquito control program.

The Ontario Ministry of the Environment has made its staff available to help establish acceptable control programs using pesticides that are both safe and efficient.

It should be stressed that by far the majority of mosquito bites this summer will be of the nuisance variety.

But if you observe the symptoms of encephalitis such as drowsiness, loss of appetite, fever, headache, nausea and vomiting, consult your family doctor immediately.

High Potency Vitamin E

Sexual Potency Quickly Improves With New 'E-Pill'

NEW YORK, N.Y. (Special)—An amazing new "super-charged" vitamin E-Pill has recently been developed that reportedly "quickly increases and rejuvenates sexual drives and potency for both men and women of all ages. It also makes them feel healthier and more youthful". It is now available to the American public.

The new high potency E-Pill not only seems to increase sexual ability of both sexes but also "actually perks up sexual interest and stimulates a persons desires," according to a spokesman for the manufacturer.

ALSO IMPROVES GENERAL HEALTH

This new, easy-to-take E-Pill contains newly formulated, highly concentrated vitamin E. It tends to quickly build up and strengthen the natural physiological processes of the body that are believed to be basically responsible for its potency, youthfulness, health and long life.

HELPS 4 OUT OF 5 PEOPLE

Indications are that the new E-Pill gives quick and effective results to as high as 4 out of 5 people (80%) who have used it. Some people report no great change but feel the high potency of vitamin E in the pill does quickly make them feel better from a general health standpoint.

Other reports also show it tends to "lessen daily tension and give a more relaxed, happier outlook on life."

NOW AVAILABLE

The use of these high potency (one-a-day) E-Pills is perfectly safe and are now available without prescription from the manufacturer by mail order only. To get your supply, send \$6.95 for a 2 week supply, (or \$10.95 for a 30 day supply, or \$17.95 for a 60 day supply) cash, check or M.O. to: E-Pill, Dept. 516, 447 Merrick Road, Oceanside, N.Y. 11572. (Unconditional money-back guarantee if not satisfied.)

No. A1177

Football

CANADIAN FOOTBALL LEAGUE

	W	L	T	F	A	P
Montreal	5	5	0	0	108	54
Toronto	5	2	3	0	80	30
Hamilton	4	1	3	0	44	25
Ottawa	4	1	3	0	76	32

West

Edmonton	4	3	1	0	127	69
B.C.	5	3	2	0	101	47
Winnipeg	4	2	2	0	85	107
Saskatchewan	5	2	3	0	85	123
Calgary	4	1	3	0	54	72

Wednesday's Result

Montreal 27, Winnipeg 10

Future Games

Tuesday — Hamilton at Ottawa; Calgary at Edmonton.

Carnarvon, Minden series tied-5 points each

Fifteen runs in the second inning was the difference in the fifth game of the semi-final play-off series between Minden's Dollo's IGA Ladies and Carnarvon Stan Hope Ladies. The final score was 27-21 for Minden. The win tied the best three out of five series at 5 points each, with the sixth and final game to be played in Minden on Thursday evening. The winner of this series will enter the Finals against Gooderham, who eliminated West Gullford in three straight games.

Carnarvon went into this fifth game only needing a tie and indeed it looked like they came to play when they led 3-0 after an inning and a half. However, Minden was to put the game out of reach

in the 2nd inning, scoring fifteen times on sixteen hits. Carnarvon made the game interesting in the final three innings, scoring fifteen runs, but it wasn't enough. Donelda Danilko was the winning pitcher in relief of starting pitcher Nelda Cully. The two combined to give up 21 runs on 42 hits while Toos Reid suffered the loss in relief of Marg Darby. The Three Carnarvon pitchers (Belinda Brown relieved Toos in the seventh) combined to give up 27 runs on 36 hits.

Nelda Cully and Helen Burk led the Dollo girls attack with five hits apiece. Darlene Barnhart, and Heather Thompson has six hits each for Stan Hope.

CANADA

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12 MILE LAKE REGATTA

Jim Malcolmson

new President

A very successful regatta day was held by the 12 Mile Lake Cottage Owners Association.

The day began with a business meeting at Carnarvon Dance & Bowl in the morning and progressed to the north beach for the afternoon regatta events. Many participants and spectators had a great afternoon.

After the trophy and awards were presented in the early evening, a dance and buffet was enjoyed by everyone at Carnarvon Dance and Bowl. Many local merchants donated prizes for spot dances and lucky draws and we would like to thank the following people for helping to make the evening a success:

Stedman's, HomeHardware, IGA Dollo's, Cox's Apparel, Northland Surplus, Minden Drugstore, Minden Progress, MJ Factory Outlet, Mabel's Cut 'n Curls, Minden Health Food Store (The Storeroom), Carnarvon Bakery, Bob's Hardware, The Cupboard, The Bargain Barn, Ye Olde Hitchin Post, and Welch's Meat Market. Many thanks to our regatta chairman Clay Bradshaw and also Stuart Hayward, who retires after two successful years as president of our association.

We welcome Jim Malcolmson as our new president and Bill Barkwell as our new regatta chairman.



Overall winner at this year's Regatta is Steven McPhearson, left. Runner-up in ag-

gregate points was Ken Bailey on the right. Both boys are presented with their tro-

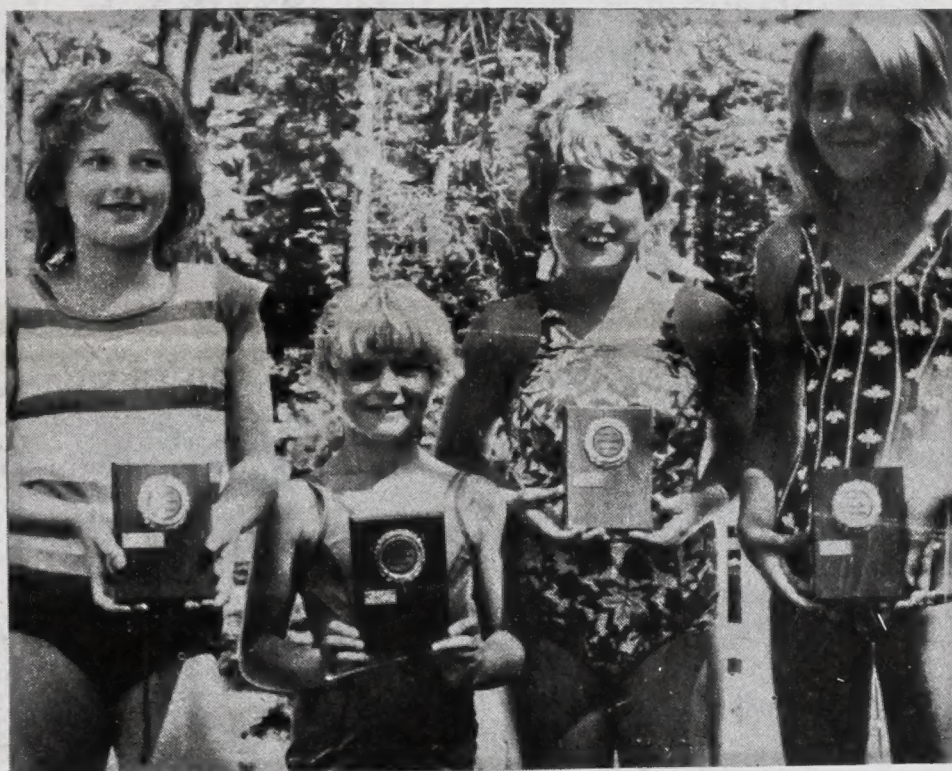
phies by out-going President of the 12 Mile Lake Regatta, Stuart Hayward.



Best of friends, you bet, and fierce competitors as well. Jacqui Hassard, left was the

winner of the under 16 event while Kathy Bailey finished second. The two girls then

teamed up to win the under 16 girls Canoe Race.



Smiling faces of the top four under 12 swimmers, l - r:

Nancy Malcolmson, Sherryl Malcolmson, Lisa Drummond, and Christine Neave.



Three generations of winners. Centre we have Worlay Jull, 73, on the left his daughter, Mary Samson, 35,

and on the right his grand-daughter, Janet Samson, 10. All three were winners in swimming events Mrs. Sam-

son and her daughter, Janet, also teamed up to win the mother-daughter, canoe race.

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T. 9-6 F. 9-9
W. 9-6 S. 9-6

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contest

Gift marks 25 years service to Minden



Longtime Minden municipal employee Albert Cox was honored with a special presentation by Anson, Hindon and Minden Council at its regular meeting last week to mark the occasion of his

25th year of service to the municipality. Mr. Cox began working for the municipality's roads department in 1952 and since that time has been a tireless worker helping to steadily improve the

township's roads to their present high standard. In this photo Mr. Cox is seen accepting his gift, a gold watch, from Reeve, Reg Booth.

Close VLA office, but service continue

Services will continue for persons in the area involved with the Veterans Land Act, even though the local office has been closed. That was the word this week from William C. Scott, M.P., Victoria - Haliburton, who said he had been assured of this by the Minister of Veterans Affairs. March 31st, 1975 was the final date for qualified veterans to apply for settlement under the VLA and March 31st of 1977 was the closing date for veterans with subsisting

VLA contracts to apply for additional loans. With the end of VLA lending, the Department decided that the need for interviews on a regular scheduled basis was no longer warranted and thus the Lindsay office was closed. Prior to this decision, the Ontario Director of the VLA had contacted officials of the Royal Canadian Legion in Lindsay to make them aware of the decision.

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LETTERS

Room 229, North Wing
Legislative Building
Queen's Park
Toronto Ontario

2nd August, 1977

the Hon. J. W. Snow

Minister of Transportation
and Communications
Ferguson Block
Queen's Park
Toronto, Ontario

Dear Mr. Snow:

I was surprised to learn, upon questioning your officials, that you are providing no 'phase-in' period on the conversion in September to the metric speed limit and other road signs. Any reference to 'miles per hour' are to be suddenly and totally removed and only metric signs will be displayed. I believe you are making a mistake. For a period of time, perhaps a year, speed limits, bridge clearances,

distances, etc., should be posted in both the metric and the present systems. Otherwise there is going to be confusion and even some danger.

The transfer to the metric system generally is going to create real difficulty for many people and the transition should be smoothed as much as possible. In the change from Fahrenheit to Celsius, the temperature in both systems has been provided for more than two years. It is difficult to un-

derstand why you are treating road signs so differently. The arguments advanced about inadequate space on signs for both simply do not hold up under examination. Through this letter I am urging you to reconsider your policy of precipitate change in September and, instead, use dual road signing for a phase-in period.

Yours sincerely,

Mel Swart, M.P.P.
Welland-Thorold.

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Tues. Aug. 30 Charley Pride

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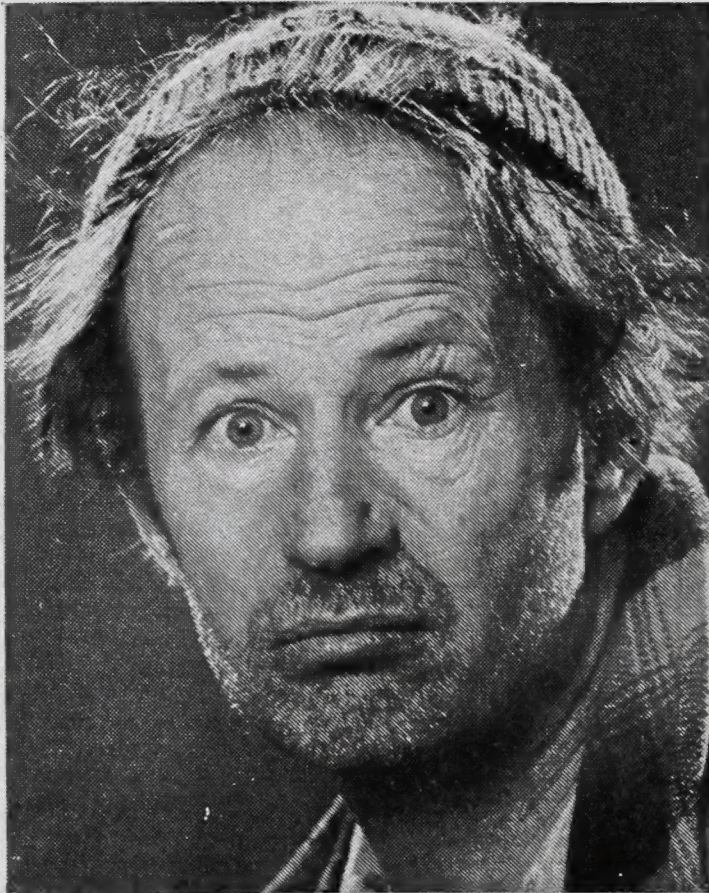
...CKVR Barrie 3...CHEX Peterborough 12...Global 2 & 22...CKCO Kitchener 11...

Weekend Viewing

Saturday, August 20

12:00	3	Roller Derby
	11	Saturday Theatre
	12	Wild Kingdom
	22	Special Branch
12:30	12	Garner Ted Armstrong
1:00	3	Wrestling
	12	Par 27
	22	Men Of The Sea
1:30	12	Charcoal Chefs
2:00	3,12	Tennis
	11	Summer Sports
	22	What Now, Canada?
3:00	11	Sports Journal
	22	Wrestling
3:30	11	Snooker
4:00	3	Outdoors Show
	11	Sports
	12	The Great Canadian Escape
	22	Circle Square
4:30	3,12	C.F.L. This Week
	22	Pink Panther
5:00	3,12	Space 1999
	22	Rocket Robin Hood
5:30	22	Wait Till Your Father
6:00	3	Born Free
	11	Scan
	12	Muppets
	22	Global Newsweek
6:30	11	Bowling For Dollars
	12	Now Doug Hall
7:00	11	Emergency
	12	It Takes A Thief
	22	Baseball '77
7:30	22	Ontario Sweeps
8:00	3,12	Happy Days
	11	Academy Performance
	22	Summer Of '77
8:30	3,12	Secret Life of Walter Mitty
	22	Mixed Doubles
9:30	22	Star Lost
10:00	11	Code 10-78
	22	King Of Kensington
10:30	3,12	Here Comes The Future
	22	News
11:00	3,11,12	News

THEY LOVE RELIC



Robert Clothier, familiar to most Canadians as the cantankerous Relic on CBC-TV's The Beachcombers seen Sundays at 7 p.m., is an ACTRA Award winner. Recently Clothier won his "Nellie" for Best Performance in a Continuing Role.

Daytime Viewing

MONDAY - FRIDAY

7:00	11	CANADA A.M.
8:00	3	ED ALLEN
8:30	3	DAYBEAT
9:00	11	ROMPER ROOM
9:30	3	ENJOY BEING BEAUTIFUL
	11	YOGA
	12	ED ALLEN
10:00	3	FRIENDLY GIANT
	11	FIRST IMPRESSIONS
	12	MON AMI
	22	100 HUNTLEY STREET
10:15	3	MON AMI
	12	FRIENDLY GIANT
10:30	3,12	MR. DRESS UP
	11	BETTY & FRIENDS
11:00	3	DOUBLE EXPOSURE
	11	JOHNNIE WALTERS
	12	SESAME STREET
11:30	3	PARTY GAME
	22	ED ALLEN TIME
11:45	11	TAKE KERR
11:50	11	JOHNNIE WALTERS
11:55	11	AGRI-NEWS
13:00	3	LEAVE IT TO BEAVER
	11	BIG AL & THE FLINT-STONES
	12	NOONDAY REPORT
	22	THE NEWS AT NOON
12:20	12	FARM NEWS
12:30	3	NEWS/FARM REPORT
	11	PRICE IS RIGHT
	12	PARTY GAME
12:45	3	MOVIE
1:00	11	MATCH GAME
	12	MARCUS WELBY
	22	CANADIAN CAVALCADE
1:30	11	DEFINITION
	22	FIVE FOR THE MONEY
2:00	11	AL HAMEL SHOW
	11	ALL IN THE FAMILY
	22	OPPOSITE SEXES
2:25	3	NEWS
2:30	3,12	EDGE OF NIGHT
	22	GUIDING LIGHT
3:00	3,12	TAKE THIRTY
	11	ANOTHER WORLD
	22	BONNIE PRUDDEN
3:30	3,12	CELEBRITY COOKS
	22	MONEY TALKS
4:00	3	MOIRA HUNT
	11	BEWITCHED
	12	AFTERNOON SHOW
	22	LITTLE RASCALS
4:30	3,12	JUST FOR FUN
	11	HAZEL
	22	JOKERS WILD
5:00	3	LUCY SHOW
	11	STAR TREK
	12	I LOVE LUCY
5:30	22	DORIS DAY SHOW
	3	EARLY EDITION
	12	ROOM 222
	22	ADAM 12

Evening Viewing Monday to Friday

Sunday, August 21

1:00	3,12	Music To See
	11	Sunday Theatre
1:30	3	Country Canada
	12	Summer Country Canada
2:00	3,12	Access
	22	The Church
2:30	3,12	To The Wild Country
	22	People's Church
3:00	11	The Flower Pot
3:30	3	Ocean's Alive
	11	Red Fisher Show
	12	Portrait Of A Legend
	22	Agape
4:00	3,12	Lawn Tennis
	11	Last Of The Wild
	22	In Private Life
4:30	11	Question Period
	22	Money Talks
5:00	11	Gunsmoke
	22	Bugs Bunny
6:00	3,12	Disney
	11	Scan
	22	Global Newsweek
6:30	11	Kreskin
7:00	3,12	Beachcombers
	11	Wonder Woman
	22	Gong Show
7:30	3,12	Miss Jones & Son
	22	Science Int'l
8:00	3,12	Images of Canada
	11	Sonny & Cher
	22	Money Talks
8:30	22	In Private Life
9:00	3,12	Dutchess of Duke St.
	11	Switch
	22	Baa Baa Black Sheep
10:00	3,12	Sunday Pop
	11	Human Journey
	22	Montreal Main
11:00	3,11,12	News
11:15	3	Late Edition
	12	Night Final
11:20	11	Local News
11:45	12	Ghost Of The Air
11:50	3	Citizen Kane
12:00	11	Mike Douglas

Monday, August 22

6:00	3	Conspiracy To Kill
	11	Scan
	12	Evening Report
	22	Global News
6:30	11	Don't Eat The Daisies
	12	Baretta
	22	Gong Show
7:00	11	The Jeffersons
	22	Beverly Hillbillies
7:30	11	Headline Hunters
	12	George Hamilton IV
	22	I Love Lucy
8:00	3,12	Lawn Tennis
	11	Waltons
	22	Busting Loose
9:00	11	Pig & Whistle
	22	Maude
9:30	11	Sanford & Son
	22	All's Fair
10:00	3,12	News Magazine
	11	Streets of San Francisco
	22	News
10:30	3	V.I.P.

Tuesday, August 23

6:00	3	Murder One
	11	Scan
	12	Evening Report
	22	News
6:30	11	Don't Eat The Daisies
	12	Charlie's Angels
	22	Gong Show
7:00	11	Bobby Vinton
	22	Beverly Hillbillies
7:30	3	Reach For The Top
	11	Bionic Woman
	12	Ocean's Alive
	22	I Love Lucy
8:00	3,12	T.B.A.
	22	The McLean Stevenson
8:30	3,12	T.B.A.
	11	Julie
	22	Laverne & Shirley
9:00	3,12	T.B.A.
	11	One Day At A Time
	22	Caught In The Act

Wednesday, August 24

6:00	3	Sorority Kill
	11	Scan
	12	Evening Report
	22	News
6:30	11	Don't Eat The Daisies
	12	Lawrence Welk
	22	Gong Show
7:00	11	Tennis
	22	Beverly Hillbillies
7:30	3,12	This Week In Baseball
	22	I Love Lucy
8:00	3,12	Movie--T.B.A.
	11	C.F.L.
	22	Laurel & Hardy
9:30	3,12	Baseball
	22	Kallikias
10:00	22	News
11:00	11	News
	22	Mary Hartman
11:20	11	Local News
11:30	22	Opposite Sexes
12:00	11	Mike Douglas
	22	Hell's Angels
12:30	3	News
	12	National

Thursday, August 25

6:00	3	The Other Man
	11	Scan
	12	Evening Report
	22	News
6:30	11	Don't Eat The Daisies

Friday, August 26

6:00	3	That Swinging City
	11	Scan
	12	Evening Report
	22	News
6:30	11	Don't Eat The Daisies
	12	Hee Haw
	22	Gong Show
7:00	11	Sugar Time
	22	Beverly Hillbillies
7:30	11	Stars On ICE
	12	Bob Newhart
	22	I Love Lucy
8:00	3,12	Mary Tyler Moore
	11	Donny & Marie
	22	Keane Brothers
8:30	3,12	Chico & The Man
	22	A Year At The Top
9:00	3,12	Vaudeville Show
	11	Rockford Files
	22	Gong Places
10:00	3	Starsky & Hutch
	11	1977 Summer Games

Farm News'n Views

FROM THE LINDSAY AGRICULTURAL OFFICE

FALL FERTILIZATION

Now is the time to start your fall fertility program. Forage crops should be fertilized according to soil test requirements, however, if you do not have a soil test, then the following is recommended. Topdress sandy or loamy soils with 40 lbs./acre Phosphate plus 120 lbs./acre Potash eg. an 0-10-30 fertilizer at 400 lbs. per acre. On clay soils, topdress with 40 lb./acre Phosphate plus 40 lbs./acre Potash eg. an-20-30 fertilizer at 200 lbs. per acre. If you have applied manure then a reduction can be made to compensate. For example 10 ton of cattle manure/acre equals 20 lbs. phosphate and 90 lbs. potash/acre.

Soil sample boxes are available at the Agricultural Office in Lindsay, or at most farm supply centres in the County. Fall plowdown of fertilizer on ground for corn next year is a good way to save time in the spring -- if you have time this fall. Take the soil sample now and you can plow down the bulk of the phosphate and potash to meet next year's crop requirements. However, if the field is sandy, it should not be fall plowed and therefore, the fertilizer should be spring applied.

HAY--SHORTAGE?

The supplies of Hay in Victoria County are variable from one farm to the next, but in general appear to be sufficient for local needs.

The dry weather in some other parts of Ontario -- especially in the Picton-Belleville-Napanee area -- has been a lot worse than here, thus hay supplies are apparently short there.

If you have hay available for sale, there could be some interested buyers in that area.

HAY ANALYSIS

Having hay and haylage analyzed for nutrients is the best method of determining their feed value. Differences in nutrient content appear within farms, between farms and even between regions in Ontario. The following illustrates how several nutrients vary between provincial and

county averages. The figures are for first cut hay analyzed in 1976.

	VICTORIA	ONTARIO
Number of samples	61	1582
Protein	12.16%	11.65%
Calcium	1.09%	.85%
Phosphorous	.19%	.23%
Magnesium	.14%	.20%

There are 3 levels of testing available:

(a) Test for dry matter and protein costs \$5.00 per sample. (We recommend this one for beef, sheep and horses.)

(b) Test for dry matter, protein and the 4 main minerals-- Calcium, Phosphorous, Magnesium and Potassium, costs \$11.50. (We recommend this one for dairy farms).

(c) Test for all of (b) plus Manganese, copper and zinc costs \$14.50. Feed sampling bags are available from the Agricultural Office in Lindsay.

COMING AGRICULTURAL EVENTS:

Thurs., Aug. 11 -Peterborough Junior Day at Peterborough Fair.

Fri., Aug. 12 - 2 p.m. - 'Tricks With a Mix' Food Forum at Memorial Centre in Peterborough.

Fr., Aug. 12 - Kawartha Junior Farmers to Blue Jay Game.

Aug. 13 & 14 - Minden Fall Fair.

Aug. 13 - 9 p.m. - Victoria County Junior Farmer Dance at the Bobcaygeon Community Centre.

Mon. Aug. 15 - 8 p.m. - Bobcaygeon 4-H Calf Club will meet at the farm of Jack Humphries, #1 Bobcaygeon.

Tues., Aug. 16 - 8:30 p.m. - SHARE - Victoria County Junior Farmer Executive Meeting will be held in Board Room, Agricultural Office in Lindsay.

Trent-severn Waterway News

Recent rainfalls have helped Canal personnel to maintain navigation levels with less requirement for stored reservoir water. Flows have been reduced accordingly and by substantial amounts in some cases. At this date, the rainfall has not been enough to raise reservoir levels generally, but the rate of decline should be reduced. Storage remaining on August 2 stood at 54 per cent; an amount usually reached at August 20th. The storage had declined by about 4 1/2 per cent over the week.

Record low flows were registered for July on the Gull, Burnt, and Otonabee Rivers. On the Gull and Burnt, the flows from the reservoirs were the lowest in fifteen years at 60 per cent and 34 per cent of the respective normals for the month. Otonabee River flow from the Kawarthas averaged 575 cfs, virtually the same as in 1975. This was only 41 per cent of the 50 year average for that station of about 1390 cfs.

Precipitation measured at Haliburton in July totalled 1.66 inches. Contrast this with 1.26 inches overnight on August 5, and one could suspect that the dry spell may be easing. The normal total for the month of July is 3.38 inches.

CROSSWORD

ACROSS

- Moccasins
- Sodium chloride
- Miss Bernhardt
- Hawaiian greeting
- Short-billed rail
- Whiskers
- Host
- Paid attention
- Negative reply
- Ancient Hebrew measure
- Rough lava
- Gazes
- Affixes
- Center of May Day sports
- Bivalve mollusk
- Creeks
- Music note
- Tennis serve
- Exclamation
- Medieval dagger
- Strike
- Step
- Dolt (colloq.)
- Move sideways
- Term of endearment
- Minus
- Fills with wonder

DOWN

- Talking bird
- Biblical name
- Crumbly
- Pronoun
- Cavalry sword
- Not windward
- Burden
- String
- Scrutinizes
- Lizards of Egypt
- Traveler's inn
- Low island
- Candle-nut tree
- Male sheep
- Entire
- River of Scotland
- Single unit
- Gross
- Kind of soup
- English river
- Silly (slang)
- Measures of land
- Dip out as liquid
- Troubles
- Exhibition
- Crescent-shaped figure
- Mandarin tea

TENDERS

Tenders are invited for rental of the following road construction equipment.

- Five tandem axle dump trucks (minimum capacity 42,000 G.V.W.) with operators.
- P.C.V. licence is required.
- Approximately 160 hrs. each.
- One four wheel drive loader (minimum net H.P. 90) with operator.
- Bucket capacity S.E.A. 1.6 cubic yards. (2 cubic yards heaped).
- Approximately 160 hrs.

Job Location

-Anson like forest access road located approximately five miles west of Pine Springs on the Hindon access road.

Starting Date

-Within one week of closing date.

Interested parties may obtain tenders at the Ministry of Natural Resources District Office at Minden, Ontario: Closing date 12:00o'clock noon August 17, 1977. Public opening of Tenders will take place at the Minden District Office on Friday, August 19, 1977 at 2:00 P.M.

Travelling time to and from the job as well as machine floating time, fuels, lubricants and machine maintenance, is the responsibility of the tenderer. Tendered Equipment must operate at stated capacities.

Tenders must be submitted on proper tender forms. Lowest or any tender not necessarily accepted. Equipment subject to inspection before tender is accepted.

Fleet operators required to show proof of Workmans Compensation.

Minimum Insurance required \$200,000 P.L. & P.D.

Equipment rental subject to Mechanic Lein Act.

Ministry of Natural Resources
 Ontario

Hon. Frank S. Miller
 Minister

Dr. J.K. Reynolds
 Deputy Minister

RURAL DELIVERY

By AL SMITH

 Beaver MINDEN	Wed. 17 Thu. 18 Fri. 19 Sat. 20 PAUL NEWMAN SLAP SHOT	Sun. 21 Mon. 22 Tue. 23 WALT DISNEY PRODUCTIONS GUS
 Molou THEATRE HALIBURTON ONT.	Wed. 17 Thu. 18 Fri. 19 Sat. 20 Smokey and the Bandit Burt Reynolds Sally Field Jerry Reed Jackie Gleason	Sun. 21 Mon. 22 Tue. 23 Smokey and the Bandit Burt Reynolds Jackie Gleason

Saturday Council meeting



Once again the Lutterworth Council will hold its Council meeting on a Saturday, for the benefit of the many cot-

tagers vacationing in the area. This month's meeting will be on Saturday, August 20th, beginning at 10 a.m.

Above l-r: councillor, Ron Gambell, clerk-treasurer, Mrs. Bev Miller, Reeve, Pat Conaghan, councillor Glynn

Lewis, councillor Bill Valentine and Deputy Reeve Bert Salingler.

DOLLAR SENSE

Many will pay no tax on dividend income

By David Louis, CA

Canadians have often looked to the profits from capital gains, such as are earned in real estate investments, as the best way to make money while paying the least amount of income tax.

But changes in the taxation of dividends, which take full effect in 1978, will mean that high-yield stocks (Bell Canada Preferred, Calgary Power Preferred, might serve as examples) can be a better investment, depending on your income. The less money you earn, the better investment they are.

Members of The Institute of Chartered Accountants of Ontario answer your questions in Dollar Sense. Mr. Louis is with Ernst & Ernst, Toronto.

For example, the taxpayer who earns \$20,000, and has \$5,000 or so in personal exemptions, will pay no tax on dividend income. On income earned in selling a piece of real estate (other than his own home), he would have to pay 18 cents tax on every dollar of capital gains.

As taxable income increases, the tax spread between dividends and capital gains gradually decreases, until at a taxable income level of about \$55,000, the tax is the same.

A taxpayer in the 40 percent income tax bracket, who has been receiving dividend income right along, can expect to save an

extra \$8 in taxes for every \$100 in dividend income in 1978, in comparison with what he paid in 1976.

In light of these tax changes, it may be wise to re-examine the ways you choose to invest your money, in order to benefit from these changes when they take full effect next year.

It is important to note that investment in preferred shares of companies will usually result in higher dividends than common shares and will be a much better after-tax investment than most interest bearing securities. After all, after-tax return is the name of the investment game.

Does this mean you should sell your real estate, and buy blue chip stocks instead? Not necessarily.

First of all, the government proposes to allow a taxpayer to receive up to \$2,000 profit in a Canadian security capital transaction before paying taxes in 1977 and afterwards.

But a more important consideration is that an investment should always fit in with your over-all investment strategies... and this usually means that you shouldn't put all your financial eggs into one basket!

The person who can combine a fundamental knowledge of investment taxation with some old-fashioned savvy will end up with money in his pockets!

Zucchini-pick when tender

A common concern of many home gardeners right now is what to do with all the zucchini that is ripening in the garden.

Food specialists at the Ontario Food Council, Ministry of Agriculture and Food, recommend that the zucchini be picked when it's between four and seven inches long. At this stage the seeds are underdeveloped, the flesh is tender and the flavor is at its best.

Because the skin is soft at this early stage, the zucchini can be cooked without

peeling, saving important nutrients. It is excellent stir-fried in butter and garlic, broiled or added to raw salads.

Like the cucumber which it resembles, the zucchini does not freeze well because it loses much of its water and becomes rubbery in texture. So enjoy your zucchini cooked or in a salad. Do you still have some to spare? Share your zucchini with a neighbor.



Woman 81 breaks back as boat hits shore

An 81 year-old Rexdale woman is in serious condition in a Toronto Hospital after the boat in which she was riding struck shore on Kawagama Lake in the Dorset area. Mrs. Murie Brian suffered a broken back in the accident. Her daughter Cora, and her son-in-law Jack S. Whittington, 53, of Rexdale were treated and released from Bracebridge Hospital. According to police, the trio

were returning home to their cottage on the lake, last Sunday at 12:30 a.m., when their boat hit a sand bar, careened into the rocky shoreline and smashed into a tree. The boat sustained some \$1,000 damage. The operator of the vessel, Jack Whittington, has been charged with dangerous operation of a vessel and failing to keep a proper lookout. Investigation by Provincial Constable Ron Buchanan.

Stole from hospital, injured motorist charged

A 35 year-old Toronto man faces two charges after, police say, he made off with some \$41 worth of property from the Haliburton Red Cross Hospital. According to police, Henry Wikstrom was at the hospital July 2nd, of this year, for medical attention, and after

he left a blood pressure cuff and stethoscope were missing. Investigating officer, Provincial Constable Al Bibby has charged Wikstrom with theft under \$200 and possession of stolen property under \$200.

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No. 1 Fan



Billy Moore, Centre, is presented with an ashtray by the Minden Dollo's IGA softball

team, in showing their appreciation of his support

over the past few seasons. Billy has never missed a home or away game with the IGA Ladies.


**You too
can measure
up**

LAKE BOSHKUNG REGATTA

This year's Lake Boshkung Regatta, held on July 30th, was the most successful one ever. With record numbers signing up for all the events and the weather in the 80's, regatta organizers were more than pleased. Last year's Regatta was held in such terrible weather, that everyone participated this time around. The Regatta executive would like to thank all the local merchants who gave so freely with prizes for the winners. The presentations and banquet was held at Matanich Inn. Here are all the Regatta prize winners.

SWIM RACE 2,3 & 4 Yrs.

1. Claudia Gillette 2. Greg Slater 3. a tie between Jocelyn Archer and Sara Truscott.

WATER RACE 6 & under

1. Keith Goodfellow 2. Jocelyn Archer 3. Tracy Auhage.

20 YARD SWIM Girls 8-11

1. Janice Salter 2. Corey Leach 3. Jodie Snowden.

20 YARD SWIM Boys 8-11

1. Greg Rogers. 2. Barry Hicks. 3. Glenn Cooke

25 YARD SWIM Girls 12-15

1. Michelle Bromley 2. Laura McDougall 3. Joanne Dies.

25 YARD SWIM Boys 12-15

1. Rob Dies 2. Rob Hurst 3. Greg Slater

CANOE CRAB RACE 12 & Over

1. Michele Bromley Janet Bodrug 2. Stephanie Dittmar & Diane McDougall 3. Rob Dies & Annette Linde

CANOE RACES Boys & Girls 11 & Under

1. Jodie Snowden & Janice Slater 2. Barry Hicks & Glenn Cooke 3. Valerie Frew & Nancy Warren.

CANOE RACE - SINGLES 15 & Under

1. Brad Hicks 2. Jo-Ann Dies 3. Jo-Ann Rogers

CANOE RACE - SINGLES 16 & Over

1. Jamie Kyles 2. Andy Schlotter 3. Diane McDougall

CANOE RACE - DOUBLES Boys & Girls 12-15 yrs.

1. Rob Dies & Laura McDougall 2. Jo-Ann Dies & Cheryl Frew 3. Jo-Ann Rogers & Monique Rietvelde

CANOE RACE - DOUBLES Men & Women 16 & Over

1. Jamie & Chris Kyles. 2. Stephanie & Claus Dittman 3. Rick Hurst & Helga Enders.

WAR CANOES - OPEN

1. Paul Dies, Peter Linde, Stephanie Dittman and Diane McDougall. 2. Sue Kyles, Jamie Kyles, Chris Kyles and Andrea East. 3. Jo-ann Dies, Rob Dies, Laura McDougall and Sheryl Frew.

BAREFOOT SKIING ENDURANCE

1. Larry Lythgoe 2. Tom Wiltshire 3. Ed Schlotter

APPLE BOBBING Boys & Girls 8-12

1. Barry Hicks. 2. Claudia Gillette 3. Greg Rogers

APPLE BOBBING 10 & Over

1. Leslie Day 2. Peter Linde 3. Janice Salter

THREE-LEGGED RACE 18 & Under

1. Janice Frew & Laurie Williams 2. Kelly Simpson & Janice Salter 3. Barry Hicks & Glenn Cooke.

SAILBOAT GENERAL CLASS

1. D. Johns 2. L. Dies 3. S. Hubert

TUG-A-WAR 9 & Under

1. Barry Hicks, Tracy Augage, Mark Mandus, Jocelyn Archer and Melissa Archer.

SAILBOAT-LASER CLASS

1. D. Copeland 2. C. Boudreau 3. J. Irwin.

GUNWHALE BOBBING Mixed Doubles 10-18

1. Phil Jones & Deborah Slater 2. Lorna McDougall & Rob Dies 3 (Tie) Jo-Ann Dies & Greg Slater and Sally Logan & Jeff Joslin.

THREE-LEGGED RACE 18 & Over

1. Grant & Sherry Chambers 2. Rick Hurst & Helga Enders 3. Patty Sault & Ed Schlotter

PICK-UP STICKS 4 & Under

1. Warren Cherry 2. Sara Truscott 3. Lisa Pawson

SPECIAL DURABILITY TEST

1. Frank Schlotter 2. Betty Scholter 3. Wendy Blain 4. Marg Blain 5. Ann Smith 6. Don Smith 7. Ev McGovern

TILTING

1. Rick Hurst & Greg Crawford 2. Peter Linde & Rob Dies. 3. John Slater & Tom Simpson

DODGE BALL

1. Laurie Williams 2. Tracy Augage 3. Claudia Gillette
MIXED PIGGY BACK RACE
1. Bill & Meghan Cherry 2. Garry Wiltshire and Evvy McGovern 3. Cathie Sault and Sarah Truscott

PICK-UP STICKS 7 & Under

1. Tracy Augage 2. Claudia Gillette 3. Warren Cherry. 4. Meghan Cherry

The world's most expensive garbage...

At \$100 a ton park officials say refuse collection from the remote areas of Algonquin Park may be the most expensive in Ontario.

Every year the 2,910 square miles of Algonquin Park attract more than 640,000 visitors including 60,000 campers. Its wilderness trails and isolated lakes make it one of the most popular of Ontario's 123 provincial parks.

While getting to a remote campsite may be half the fun for the vacationer, getting out his garbage is three times the expense.

Park staff transport the garbage by canoe to designated locations where float planes pick it up and fly it out. The price of the one-way tickets adds up to a staggering \$100,000 a year. But that's a small part of the total bill.

Another \$100,000 goes to refuse collections from the nine campgrounds and the litter containers strung out along the 37 miles of Highway 60, the park's main artery.

In fact, park officials say that half of the more than 250 summer staff are involved in litter control or general maintenance. An overflowing garbage can, they are quick to point out, is as much a pollution problem as any that offends the eye.

Of course, not all the litter can be seen. Thoughtless campers and boaters sometimes try to hide their garbage on the bottom of

unspoiled lakes. Volunteer scuba divers try to undo some of the damage.

And garbage out of sight on your campsite may be out of mind but not out of sniffing range for bears up to two or three miles away. If disposal is required, officials urge campers to carefully burn their garbage instead of burying it.

They also instruct campers to bury their human wastes in shallow pits at least 100 feet from the shoreline to minimize pollution effects.

But the precautions they encourage most strongly begin before the trip even starts.

When choosing supplies, avoid items that are over-packaged. When a package finds its way into a garbage can the cost and the nuisance of getting rid of it are not over. They're just beginning.

And that's true whether you're in your own home or in the wilderness of Algonquin Park.

You don't have to be reminded by the world's most expensive garbage that your interests are behind the efforts of the Ontario Ministry of the Environment to reduce this Province's production of solid waste through the Ministry's 15-year Resource Recovery program.

The cost of disposing unnecessary garbage is always too high a price to pay.

Ontario's Workplace

One of the cornerstones of the efforts to create a safe and healthy workplace is the individual's right to refuse work he or she believes to be unsafe.

The Employee's Health and Safety Act (Bill 139) re-affirms that right. As Labour Minister Bette Stephenson said, the Act "will create a system in which a worker need not choose between financial security or physical well-being." He or she can have both.

Section 2 of Bill 139 gives the worker the right to refuse unsafe or unhealthy work. Section 9 says that no employer can dismiss, discipline, suspend, penalize, intimidate or coerce an employee who exercises this right under the Act. If an employee is disciplined, he or she can appeal either to an arbitrator or to the Ontario Labour Relations Board; either can uphold, modify or reverse the discipline.

But most disputes shouldn't have to go that far. When the employee spots an unsafe or unhealthy situation it should be reported immediately to the supervisor.

During the investigation, the supervisor should be accompanied by the complainant and another employee - either a health and safety representative, an employee member of a joint labour-management Occupational Health and Safety Committee or a union representative.

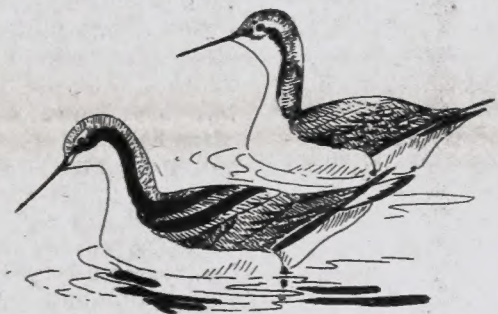
If the employee is not satisfied by the supervisor's decision he or she can continue to refuse to work. Then, a Ministry of Labour official should be called in to conduct a further investigation and determine whether the work is unsafe or unhealthy.

This "right to refuse" provision of Bill 139 has caused concern that it will lead to unnecessary work disruptions. This has certainly not been the case to date; so far, there have been fewer than 10 incidents per month. When you consider the millions of workers affected by the legislation, that record is a re-affirmation of the responsible attitude of the Ontario worker and the Ontario employer and their shared commitment to creating a safer and healthier workplace.



Ontario
Ministry of
Labour

400 University Avenue
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(416) 965-7941



Marsh World

Ducks Unlimited (Canada)

WILSON'S PHALAROPE — This dainty little shorebird nests on the grassy uplands bordering marshes. Unique among shorebirds, it is the female phalarope that sports the bright, strikingly patterned plumage, while the male, in much subdued tones, attends to nesting chores. He incubates the eggs! When swimming, phalaropes ride high on the water, spinning around in little circles, bills dipping below the surface to pick up aquatic insects stirred up by their activities. They also consume quantities of dry land insects when feeding on dry meadows bordering the marsh.

164-76

Burning Rectal Itch Relieved In Minutes

Exclusive Healing Substance
Relieves Pain As It
Shrinks Hemorrhoids.

If you want satisfactory relief from 'Itching Piles'—here's good news. A renowned research laboratory has found a unique healing substance that promptly relieves the burning itch and pain—actually shrinks hemorrhoids. This substance has been shown to produce a most effective rate of healing.

In one case after another 'very striking improvement' was reported and verified. And most important... this improvement was maintained over a period of months.

All this was accomplished by a healing substance (Bio-Dyne)—which quickly helps heal injured cells and stimulate growth of new tissue. Now Bio-Dyne is offered in ointment and suppository form called Preparation H. Ask for it at all drug stores—satisfaction or money refunded.

Preparation H

Get money for your Fall needs right now!

Money for school books, children's clothes — money to help you smarten up your appearance and your home — take care of them all with a low interest loan from Victoria and Grey. You can get from \$500 to \$7,500, repayable in 12 to 60 months, life insured at no cost to you up to the age of 65, and repayable in any amount without penalty.

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Loan Officer

"It's 2 A.M. and I feel rotten.
Who has time
to read medicine labels?"

Sorry, there is no excuse for not reading the medicine label. The label tells you what it's for, how much to take and how often to take it. It's important information. Before you take any medicine, read the label. Medicines can't help you if you don't take them right.

CANADIAN AND CHINESE

FOOD

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To study seniors housing



The Ministry of Housing will conduct a survey to determine the need and demand for senior citizen housing in the Townships of Anson, Hinton and Minden.

A research analyst will estimate the number of senior citizens living in the community whose housing is inadequate or who are spending more than they can afford for housing.

The demand in the area for

such Ontario Housing Corporation accommodation on a rent - geared - to - income basis will be determined from information gathered through advertising, direct mail questionnaires and applications on file with the local housing managers.

The study, which will begin soon, was requested by the Municipal Councils of the Townships. It will include

an assessment of economic trends, growth factors and current and future housing needs in the municipality. Letters outlinings OHC's senior citizen housing programme will be mailed to senior citizens, asking them if they wish to participate. If an interested senior citizen does not receive a questionnaire by mail, he or she may obtain one from the Muni-

cipal Office in the Town of Minden.

A typical senior citizen apartment consists of a bedroom, living room, bathroom and a kitchen which is equipped with a stove and a refrigerator. In large cities, senior citizen accommodation may be provided in a high-rise building but in most communities, the typical senior citizen development

is a one or two storey building.

After it receives the results of the survey, the municipality can initiate the development process by adopting a resolution asking OHC to provide the required accommodation.

Senior citizen housing is erected at no capital cost to the municipality. The Federal Government, through

Central Mortgage and Housing Corporation, lends OHC 90 per cent of the capital cost and the province lends OHC the balance. Both governments are repaid by OHC with interest.

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"Family Food Service"

SAUSAGE SORCERY

*Summer is still with us with those lazy days that call for cookout and patio parties. Entertaining can be easy if you follow the simple recipe ideas using sausage products suggested by the home economists for Union Carbide.

*For something different on the barbecue, try skewered squash and thuringer. Wash 3 medium zucchini and cut off ends; cut into 1/2-in. slices. Cut thuringer into 1-in. pieces. Thread zucchini and sausage alternatively on bamboo or metal skewers. Brush with half of a 3/4 cup from either a can of tomato herb sauce or spaghetti sauce. Broil 3 to 4 minutes. Turn and brush with remaining sauce. Broil 3 to 4 minutes. Makes 4 to 6 servings. Serve with corn on the cob, Italian bread, fresh fruit and iced tea.

*For the young folk, grilled pizza sandwiches, potato chips, relishes and soft drinks make for a veritable feast. For each pizza sandwich allow 2 slices of bread, 2 tbsp. pizza sauce, 2 slices salami chopped, and 1 slice Mozzarella cheese. To prepare, spread one side of one slice of bread with softened butter. Spread other slice of bread with pizza sauce. On one slice of the bread, place salami and cheese;

top with other slice of bread. Fry in skillet or on griddle until browned on both sides. Makes 1 serving.

*Polka Dot Pancakes can earn a lot of attention at your next weekend brunch. Combine 1 cup pancake mix, 1 cup milk, 1 egg and 1 tbsp. oil in a bowl, stirring until the batter is fairly smooth. Arrange 4 wieners sliced 1/4-in. thick in clusters on hot fry pan or griddle. Pour pancake batter over each wiener cluster. Turn when edges look cooked; turn only once. Serve with butter and syrup. Makes 8 pancakes, 2 per serving.

*On nights with a nip in the air, beans and wieners makes a Saturday night supper special. Place 1 large onion, peeled, in bean pot or deep casserole. Add 2 1-pound cans baked beans. Combine 1/2-cup molasses and 1/2 cup ketchup; pour over beans. Slash rind of 1/4 pound salt pork; bury in beans. Bake in moderate oven, 350 degrees, for 1 hour. Just before serving pour boiling water over 1 pound of wieners. Let stand 10 minutes. Drain, serve in wiener rolls with barbecue sauce.

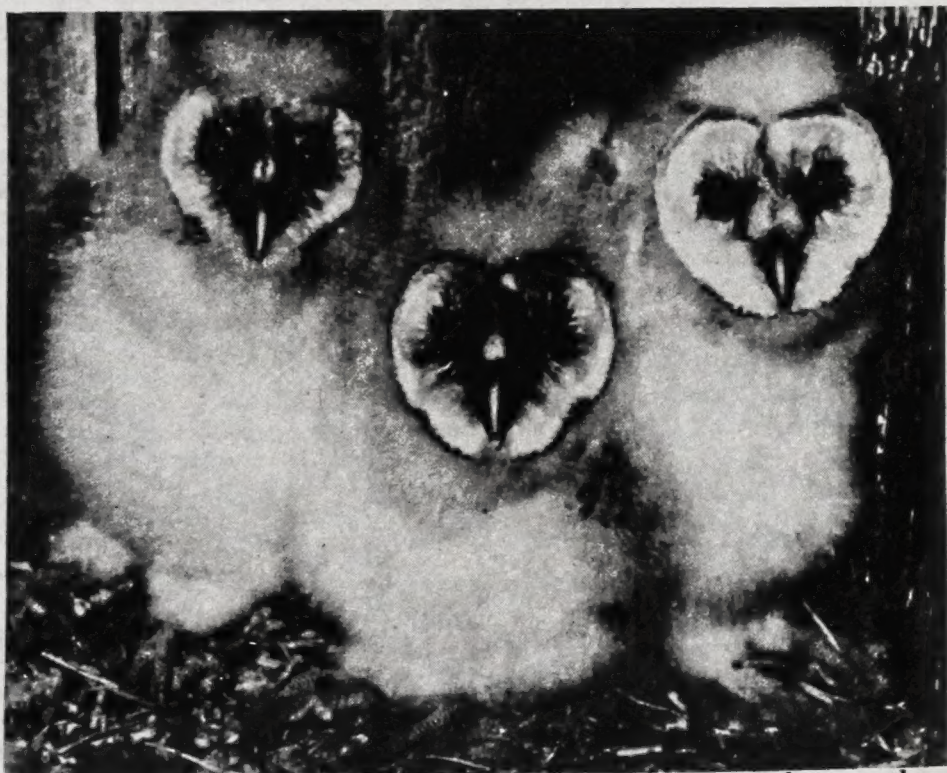
*Broiled Stuffed Wieners can be a treat for any meal. With a sharp knife, cut almost all the way through the length of each

wiener. Fill with one of these stuffings: 2 tbsp. herb seasoned stuffing and 1 tbsp. applesauce; 1 tbsp. peanut butter; or 1 tbsp. baked beans. Wrap each wiener with a strip of bacon, securing ends with toothpicks. Broil about 5 in. from heat for 7 to 10 minutes, turning once or twice. Remove toothpicks before serving.

*Sloppy Hans Sandwiches can satisfy the heartiest luncheon appetite. Combine in saucepan 1/2 lb. cubed pasteurized process cheese spread, with 2 tbsp. milk, 2 cups finely chopped bologna, 1 tbsp. chopped chives and 1 tsp. prepared mustard. Heat over medium heat, stirring constantly, until cheese is melted and mixture is hot. Spoon over bottom half of 4 hamburger buns, split. Replace tops. Makes 4 servings.

*It's a busy time of year and it can mean that some meals are catch-as-catch-can. Keep the refrigerator stocked with nutritious snacks. Sliced luncheats are great for sandwiches.

*Copies of "Sausage Sorcery," a recipe booklet prepared by Union Carbide Canada Limited, may be obtained by writing Family Food Service, P.O. Box 187, Station R, Toronto, Ontario M4G 3Z9.



These three barn owlets, hatched at Metro Toronto Zoo, range between three and four weeks old. Although barn owls are not uncommon in Ontario, you hardly ever get a chance to see them so closely. The baby fluff will be replaced by feathers in about three weeks, and in a month or so, they will be as big as their parents. They can be seen in the Eurasian pavilion. Keeper Vince Moase took the picture.

The Zoo is open year-round, except for Dec. 24 and 25, and closing hours are seasonal (last admissions at 3:30 p.m. in winter). The Zoo is located in Scarborough, on Meadowvale Rd. just north of the 401, (10 miles east of the Don Valley Parkway).

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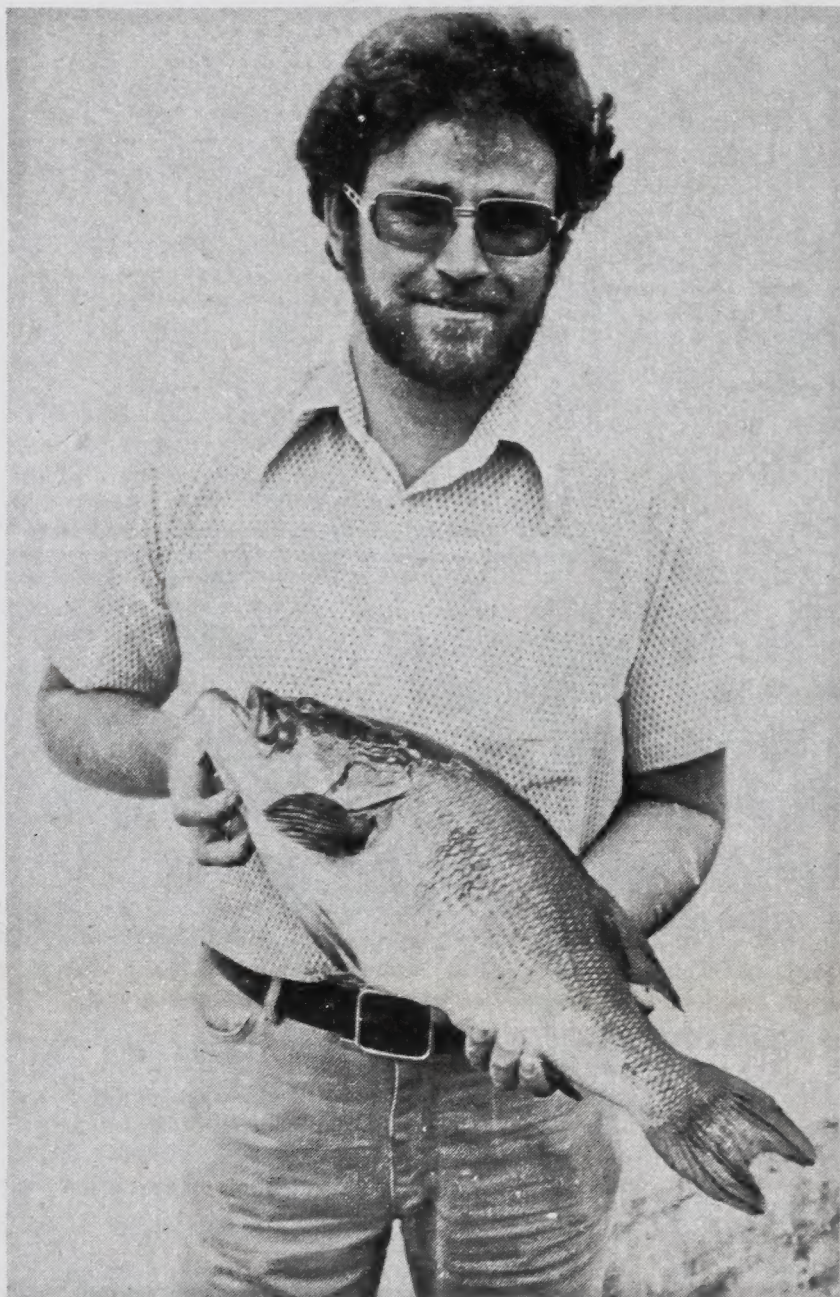
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o u t d o o r s

Record Largemouth Bass caught in South Canning Lake



Up until August 1st, the biggest Largemouth Bass to be entered in the Molson's Big Fish Contest, was the 6 lb. 5 oz. beauty caught by Jack Jarnagan, of Charle, Louisiana. Jarnagan took his prize from the waters of the Otomabee River. However, this is no longer the biggest for

1977. Gary Bray, of Scarborough, began his holidays this week and is staying with friends, Ned MacAdam on South Canning Lake. On Tuesday evening, Gary thought he'd drop a line over the side of his canoe to see what he might stir up. To his surprise, the line, 5 lb.

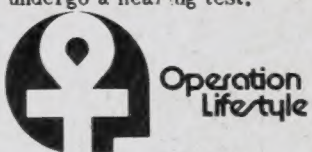
test with a surface plug, was hit almost immediately. After the fish towed him and his canoe around the lake for a while, he finally landed his record catch. The lunker Largemouth weighed in at 7 pounds 2 ounces, measured 22 inches long and 18 around in girth.

North Bay first to adopt environment Ontario Noise bylaw

North Bay is the first Ontario community to put a new noise bylaw in effect under the authority of the Province's Environmental Protection Act, Environment Minister George A. Kerr announced today.

'The bylaw is based on the model municipal noise bylaw prepared in 1975 by the Ministry to give municipalities additional powers to control unwanted sound,' Mr. Kerr said. 'There are another 30 municipalities preparing bylaws based on this Environment Ontario model and four of these bylaws, for Hamilton, Guelph, Barrie and Lakefield are awaiting final Ministry approval.'

The new North Bay noise control bylaw allows the City Council to prohibit entirely certain types of disturbing noises, such as the use of ineffectively muffled vehicles and the operation of noisy construction equipment in a 'Quiet Zone'. The City Council may also prohibit by time and place a variety of noisy activities such as the use of fireworks, the discharge of firearms, the operation of car washes and the barking of dogs. To introduce the new noise control bylaw, the Ministry of the Environment has held a series of acoustic technology courses during the past two years to train noise control officers. About 300 municipal and provincial employees have attended these certifying courses. Certificates must be renewed every three years. While attending the first course, each candidate must undergo a hearing test.



Canadians eat well by habit, but they do not always take in a balanced diet. They forget that nutrition imbalance can cause problems such as Vitamin C or iron deficiency.

Public comment invited on Polar Bear Park plan

Ontario residents with a special interest in Polar Bear Provincial Park can visit information centres this fall to discuss and comment upon its future planning and management, Natural Resources Minister Frank S. Miller said today.

In announcing the release of background information and planning proposal documents for the 9,300-square-mile park, the largest in the province, Mr. Miller invited all interested individuals and groups to visit the Revillon Museum, Moosonee, Sept. 17-18 or the Superior Room, Macdonald Block, Queen's Park, Toronto, Sept. 24-25. The information centres at both locations will be open from 1 p.m. to 5 p.m.

During these dates, an opportunity will be given to review background material and discuss the planning proposal with Ministry staff. Mr. Miller said both publications are available also in Cree to ensure that native people in and near the park have an equal opportunity for review and comment.

The information centres will feature displays and a 15-minute film about the park.

The Ministry of Natural Resources always welcomes public participation in the

preparation of master plans, Mr. Miller said. 'I believe that public review and comment is especially important in the case of Polar Bear, as it is one of the largest as well as one of the most outstanding parks in the world because of its unique nature and remote location.'

Polar Bear Provincial Park the first primitive park in Ontario, was established in 1970 on the shores of Hudson Bay and James Bay. The park area provided habitat for polar bear, Arctic fox and caribou, and birds such as snow geese, Arctic loon and willow ptarmigan rarely nest anywhere else in the province.

Early Cree traditions are reflected in the park's cultural landscape and the explorer-fur trader era is signified by several historic areas within its boundaries. 'The documents released today are a part of the overall master planning program for the park,' the Minister said. 'After the review process with the interested workers of the public, documents summarizing the public input and setting forth a policy statement on the park will follow. From all this, finally, the master plan for Polar Bear Provincial

Park will be prepared.' Copies of both the background information and planning proposal documents are available from the Ministry of Natural Resources, Northern Region, P. O. Box 3000, 140 Fourth Ave., Cochrane, POL 1C0; Division of Parks, Whitney Block, Queen's Park, Toronto, M7A 1W3, or the Ontario Government Bookstore, 880 Bay Street, Toronto, M5J 1L5. Written briefs should be submitted to the Regional Director, Cochrane, before November 30, 1977.

There is a price of \$2.00 for the background information document and \$1.00 for the planning proposal.



Enjoy them, don't destroy them!

GOLDEN EAGLE

AQUILA CHRYSAETOS

The range of this bird extends throughout most of the northern hemisphere. A splendid flier, the Golden Eagle reaches speeds of 150-200 mph. when diving. Most of its prey is taken on the ground, mammals such as foxes, rabbits, hares etc., but large birds such as geese and cranes are occasionally struck in mid-air. The eagle does not, contrary to legend, prey to any extent on domestic animals.



Nests are built on crags or trees and are sometimes occupied for generations. The young hatch at intervals of several days and in many cases where 2 young hatch, the elder may kill the younger.

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